

Installation celebrates spirit of Ohana

Lina Satele
Frontline Staff

Hip swinging, board breaking and fire breathing knives were among exhibitions put together at this year's Asian Pacific Heritage Month observance.

An array of color and movements in every sway and direction overwhelmed Club Stewart's ballroom as dancers and demonstrators from the groups Magical Fires of Polynesia and the Martial Arts Academy took to the stage for a powerful and invigorating display of skill and performance.

"We are very happy to be here and to show a little bit of our heritage to everyone," said Steven Westerman, primary instructor of Martial Arts Academy.

Among the featured entertainment was guest speaker and retired Army Brigadier General Coral Pietsch. She talked about her upbringing and how she became the first woman general in over 230 years of the U.S. Army Judge Advocate General Corps as well as the first Asian American woman to hold the position.

"When I was growing up, it was the height of the cold war," Pietsch said.

"We had to conform to what was expected of us. So, because we were different, it was different."

Pietsch said that joining the Army brought an understanding to her that has made her who she is today.

"The Army has exposed me to the fact that actually we are not very different. We are the same but we come from all over," she said.

"The Army is one of the institutions that accepts you for who you are."

The excitement continued as guests were brought from their seats to volunteer during numbers performed by the Polynesian dancers. Some volunteers even had the opportunity to really get down and dirty with the Martial Arts demonstrators. Five Soldiers got on their knees as one of the Martial arts performers leaped about five feet in the air over them, flying toward a wooden board his foot would break on the other side of the troops.

The event concluded with an elaborate feast of various cuisines from all around the Asian Pacific community.

"This is a great event; it reminded me home," said Staff Sgt. Siatu'u Quarterman, 26th Brigade Support Battalion, 2nd Brigade Combat Team, who's from American Samoa - a territory of the United States in the South Pacific.

"Having an observance like this really shows how we are so diverse in our cultures and backgrounds. We are a community made from different people, but that is what America is all about."

Editor's note: *Contributing information provided by Telli Cronin.*



Graphic by Lina Satele

The Magical Fires of Polynesia and the Martial Arts Academy in Hinesville Showcase their talents during the Asian Pacific Heritage observance, May 30 at Club Stewart.



Photos, graphic Lina Satele

Above: Martial Artists Steven Westerman, Victor Mauldanado and John Dingle demonstrate self-defense techniques at the Asian Pacific Heritage Month observance at Club Stewart..

Left: Pvt. Michael Bruce, 1/9 FA, 2nd BCT, 3rd Inf. Div., tries on the poi dance from the country of New Zealand during the Asian Pacific Heritage Month observance, May 30. .

Pets of the Week



Ralph and Joey are some of the many homeless pets at the Fort Stewart animal shelter. The shelter has pets of all kinds, sizes, and breeds in their care. If you are interested in adopting, call the Fort Stewart Veterinary Clinic at 767-2842.



Don't miss the fun!

Fort Stewart-Hunter Army Airfield Soldiers and Families and community members from surrounding counties and cities are invited to the Salute the Troops Airshow at the Midcoast Regional Airport at Wright Army Airfield, June 14-15.

MWR Briefs

Learn to Scuba

Come to the open water Scuba certification classes at Fort Stewart and Hunter Army Airfield. Classes are open to active duty, National Guard, Reserve, Family members, retirees, DoD civilians, and contract employees. Participants must be at least 16 years of age. For more information, including a class schedule, pricing, medical requirements and more, call 767-9336 (Stewart) or 315-2019 (Hunter).

Youth, get fit, win cool prizes

Youth ages 11-18 are invited to participate in a fitness challenge to win cool prizes! The contest will run from now until June 20 at Jordan Youth Gym.

Pick up a checklist at Jordan Youth Gym and complete any exercise that works the ten muscle groups mentioned on the checklist. Once completed, turn in your sheet to receive a free Jordan Gym fitness t-shirt and have your name entered in a drawing for one of the grand prizes! All checklists must be turned in by close of business, June 20 to be eligible to win the grand prizes. For more information, call 767-1428.

Play golf after work

Attention all military, DoD civilians, contractors and non DoD civilians! Are you looking to blow off some steam after work? Leave your work time woes at the office and come to Happy Hour at Taylors Creek Golf Course and Hunter Golf Club! Both courses will offer special twilight rates starting at 3 p.m., Monday - Friday. For more info and special rates call 767-2370 (Stewart) or 315-9115 (Hunter).

Teen Night at Rocky's returns

Teen Night is back and more fun than ever! Dependent military ID cardholders are invited to Rocky's today from 5 to 10 p.m. for an evening of fun including a DJ, arcade/board games, Internet access, marshmallow shooting contest and karaoke.

The snack center will have hot dogs, wings, nachos, sodas, water, energy drinks and frozen smoothies for sale. Cost is \$5 per person. For more information, call 368-2212.

Kids fishing derby slated

Join Outdoor Recreation at Cedar Bay Pond #30 for a morning of fun and fishing from 7 to 11 a.m., Saturday. Other activities include face painting, crafts, games, bait casting, a fish cleaning station, and a Fish and Wildlife information booth. Open to children ages 16 and under, and free of charge. License and post permit is waived for the event. For more information, call 767-4316.

Come watch Major League Baseball

Attention baseball fans! Take a trip with Leisure Travel Saturday to see the Braves vs. Phillies baseball game. Participants will depart at noon from the Fort Stewart Leisure Activities Center for Atlanta, Ga.

Cost is \$40 per person and includes bus trip and admission ticket. For more information, call 767-2841.

Enjoy rock climbing, more at Corkan

Families are invited to visit Corkan Family Fun Center from 2 to 6 p.m., June 8 to learn team building on the new state of the art rock climbing course. Open to ages (5 and up). Cost \$5 per person/hour. For more information, call 767-9884 / 6708

Join Junior Golf Camp

Registered youth are invited to visit Taylors Creek Golf Course from 10 to 11 a.m., June 9-10 Junior Golf Camp! Instruction will cover proper swing mechanics, golf rules, etiquette and more. Cost \$25 per Junior (ages 7-14). Space is limited and youth must be registered no later than June 8. For more information, call 767-2370.

Summer Nutrition Program kicks off

Dependent youth ages 18 and under are eligible to eat a free lunch from June 9 through July 25 at the following locations: Bryan Village Youth Center, Southern Oaks Community Center, Diamond Elementary School, Corkan Family Recreation Center and Jordan Youth Gym. Lunch time is 11:30 a.m. to 1 p.m. For more information, call 408-3088.

Take a Wild Adventures field trip

Child and Youth Services registered youth ages 11-18 are invited to take a trip with the Fort Stewart Youth Center to Valdosta's Wild Adventures Theme Park. Participants will depart the Stewart Youth Center at 10 a.m., June 11. The cost is \$35 for park admission. Transportation is free. For more information, call 767-4491.

Get ready for Father's Day

Children are invited to George P. Hays Library at 3:30 p.m., June 11 to hear a story about a father and make a special gift for dad. For more information, call 767-2828.

Youth, celebrate Army's birthday

Come to the Fort Stewart Youth Center from 5 to 7 p.m., June 12 to celebrate the Army's birthday with children's activities, movies, games, prizes and barbecue cookout. For more information, call 767-4491.

Take a trip to New York City

Take a trip with Leisure Travel from June 12-17 to New York City, N.Y. Cost includes motorcoach transportation, lodging (single occupancy- \$774, double- \$554, triple- \$534, quad- \$514), eight meals, two guided tours, plus NYC Harbor Cruise. For more information, call 767-8609 / 2841 (Stewart) or 315-3674 (Hunter).



AAFES PRESENTS

TODAY THROUGH SUNDAY



Forgetting Sarah Marshall

Today — 7 p.m.

(Jason Segel, Kristen Bell)

Devastated Peter takes a Hawaii vacation in order to deal with recent break-up with his TV star girlfriend, Sarah. Little does he know Sarah's traveling to the same resort as her ex ... and she's bringing along her new boyfriend. *Rated R (sexual content, language, nudity) 100 min*

Baby Mama

Friday, Saturday — 7 p.m.

(Tina Fey, Amy Poehler)

The story of two women, one apartment and the nine months that will change their lives. Successful and single business woman Kate Holbrook has long to put her career ahead of a personal life. Now 37, she's finally determined to have a kid on her own. But her plan is thrown a curve ball after she discovers she has only a million-to-one chance of getting pregnant. Undaunted, the driven Kate allows South Philly worker girl Angie Ostrowski to become her unlikely surrogate. But the executive's well-organized strategy is turned upside down when her Baby Mama shows up at her doorstep with no place to live. *Rated PG-13 (crude/sexual humor, language, drug reference) 99 min*

Deception

Sunday — 7 p.m.

(Hugh Jackman, Michelle Williams)

An accountant is introduced to a mysterious sex club known as The List by his lawyer friend. But in this new world, he soon becomes the prime suspect in a woman's disappearance and multi-million dollar heist. *Rated R (sexual content, language, violence, drug use) 107 min*



Films are subject to availability. AAFES strives to show films according to the published schedule but reserves the right to reschedule, cancel, or substitute showings as needed. For more information, call 767-3069.



Tell AAFES what you think, to win a shopping spree

Special to the Frontline

The Army and Air Force Exchange Service is giving troops and their Families at Fort Stewart-Hunter Army Airfield an opportunity to give their opinion about the exchange benefit.

Now through June 9, Post Exchange shoppers are invited to log on to www.aafes.com and take an approximately 12-minute, survey concerning areas the exchange excels and where there may be room for improvement.

"AAFES is your store and exchange operations are only as good as you make them," said

the PX's main store manager, Robert Pickering.

"AAFES depends on feedback to enhance the exchange benefit. Surveys are a terrific opportunity for the Fort Stewart-Hunter Army Airfield community to let us know what it will take to make the Post Exchange their first choice."

In addition to the opportunity to provide input, every survey participant will receive a 10 percent off coupon for a www.aafes.com purchase of \$100 or less. Additionally, three grand prize winners will receive a \$500 AAFES shopping spree.

Junior Ranger Program offered

Special to the Frontline

Fort Morris encourages parents to register their children, ages 7 to 12, for the upcoming "Unplug and Reboot," the 2008 Junior Ranger program at Fort Morris State Historic Site.

The Junior Ranger Program is an integral part of Fort Morris's effort to engage the youth of our region in outdoor activities and nature.

Fort Morris is under the Department of Natural Resources, and the motto this year is GO GEORGIA. The GO stands for "get outdoors" and we are encouraging our Junior Rangers to have a better understanding and appreciation of nature, their heritage, wildlife, and water conservation.

The staff at Fort Morris, along with special guests, will conduct a variety of programs dealing with history and nature along with games, crafts, prizes and refreshments. Parents call ahead to pre-register, 884-5999. The program runs Tuesday through Saturday, 9 a.m. to noon, June 17-21. There will be a registration fee of \$15 per child for the week.

Listen to God through scripture, tradition, spirit

CHAPLAIN'S CORNER

Chaplain (Lt. Col.) William Ralston
2nd BCT Rear-Detachment Chaplain

Are we listening? How does God speak to us? Have you ever thought about the question? How does the loving, personal God of the Bible speak to us? I'm sure there are many answers to this question, but I want to talk with you today about the answer that John Wesley gave, some 250 years ago.

Wesley, of course, was an Anglican minister, and the founder of the Methodist Church. He said that God speaks to us in four ways.

First, God speaks to us through the scriptures. For Christians, that is the Bible. The

Christian confession of faith is that the Bible is the inspired word of God. It is completely human and completely divine. Some say that the Bible is the "only infallible rule of faith and practice." In the New Testament, we have the Gospels of Matthew, Mark, Luke and John. The Gospels tell the account of the life, teachings, death and resurrection of Jesus Christ. After the Gospels comes the Book of Acts, the history of the first century church. And following the Book of Acts are the letters of the Apostle Paul. In these letters, Paul addressed the concerns, questions and controversies of the early church. Most of our questions about God can be answered in the writings of the scriptures.

And then God speaks to us through our church tradition. It's important to remember that you and I are not the first readers of the scriptures. Dedicated men and women have been reading, thinking and reflecting on the scriptures for 2000 years. You proba-

bly have a church tradition from which you come, whether you know it or not. If you were raised in the Baptist church, then your tradition is Baptist. If you received instruction in the Roman Catholic church, then your tradition is Catholic. I think of your tradition as the lenses (like eye glasses) through which you view the scriptures. Even your brothers and sisters in the faith are a part of your tradition. Whenever I have a difficult question to answer and am wondering God's viewpoint, I ask a trusted friend in the faith. God speaks to us through our tradition, to include men and women of faith who are close to us today.

God also speaks to us through the Holy Spirit. The spirit of the living God testifies to us. We call that the inward testimony of the Holy Spirit. Perhaps you prayed about an important decision, and then sensed an inward peace, a leading from God. Perhaps, you prayed for guidance, and after a time, believed God was leading you in a direction.

In my own life, I felt strongly that God wanted me in the ministry. I also believe that other noble occupations are "callings" from God. Perhaps being the best parent you can be and a stay-at-home mom is what you believe God wants you to do right now. All of these are "leadings from the Spirit."

God gave you his "sanctified common sense." God may very well ask you to do something difficult. God may call you to do something sacrificial. But God is the God of wisdom and will not ask you to do something "dumb." You've probably heard of "horse-sense." Do you know what "horse-sense" is? It's what keeps horses from betting on people! God gave you "horse-sense" to keep you (and me) from doing dumb things. It's the filter I like to use when I'm considering a particular course of action... Does it pass the "common sense test?" So, I really do believe that God speaks to us in these four ways. And now the question is simply, "are we listening?"

Chapel Schedule

Fort Stewart

Catholic	Location	Time
Saturday Vigil Mass	Heritage	5 p.m.
Sunday Mass	Heritage	9 a.m.
Protestant		
Contemporary Worship	Marne	11 a.m.
Gospel Worship	Main Post	11 a.m.
Traditional Worship	Marne	9 a.m.
American Samoan	Vale	11 a.m.
Liturgical Worship	Heritage	11 a.m.
Kids' Church (K to 6th grade)	Across from Dia. Elem.	11 a.m.
PWOC (Wednesday)	Marne	9:30 a.m.

Islamic
Friday Jum'ahMarne1:30 p.m.
Contact Yahya Hassan at 876-5546.

Jewish
Contact Sgt. 1st Class. Crowther at 980-9295.
FridayMarne11:30 a.m.

Hunter Army Airfield

Catholic
Sunday MassChapel11 a.m.

Protestant
Sunday ServiceChapel9 a.m.

Religious Education Contacts

Stewart and Hunter, Director of RE, Mike Iliff, call 767-9789.
Stewart Catholic RE coordinator, Beth Novak, call 767-6825.
Hunter Catholic RE coordinator, Pamela Perez, call 315-5440.

Kids Church

Where God rocks

10:45 a.m. to noon, Sunday
at Stewart School Age Services, across from
Diamond Elementary; or at Hunter Chapel
Fellowship Hall, Sunday at 9:15 a.m.

For all kids Grade K-5

Fort Stewart bus pick-up

10:15 a.m. - Liberty and Hendrich, Liberty and Sicily, Liberty
and Anzio, Liberty and Rome

10:20 a.m. - Jasmine and Skyland Spruce, Jasmine and Liberty
Wood, Wild Fern and Golden Birch

10:30 a.m. - Schofield and Sansidro, Schofield and Hollandia,
Rogers and Argyle

10:40 a.m. - Naktong and New Guinea, Ormoc and New Guinea

10:50 a.m. - Marne Chapel

10:55 a.m. - Main Post Chapel

For more information, email
fortstewartkidschurch@yahoo.com

Fort Stewart Chapel Youth Ministry

Junior and Senior
High School Students!

Join us for
free games and pizza
6:30 to 8 p.m.

Sunday
at the Stewart
Youth Activity
Center,
building 7338.

For more information,
call 877-7207



2008 Vacation Bible School

9 a.m. to noon, June 16 to 20
Diamond Elementary School on
Fort Stewart

9 a.m. to noon, June 23 to 27
Hunter Army Airfield Chapel

For more information call 767-9789

3RD INFANTRY DIVISION OPERATION IRAQI FREEDOM



Service of
Praise and
Thanks

8 a.m., June 12

Main Post Chapel

For more information, call 767-4418

Coastal Happenings

Courtesy of the Coastal Courier

Live Oak Public Libraries’ programs

Live Oak Public Libraries Programs at the Liberty Branch Library and Midway-Riceboro Branch Library:

Preschool Story time

Join us for stories, songs, and more each Monday, 10:30 a.m. at the Liberty Branch Library. The event is for children three to four years-old.

Tree Tots Storytime

Join us for stories, songs, and more, 10:30 a.m., each Tuesday at the Liberty Branch Library. The event is for ages one to two years old.

Manga, Cartooning Workshop for Teens

Children ages 12 and older, join Patrick McWhorter to create your own comic 3 p.m., Saturday at Liberty Branch Library.

Tie-Dye T-Shirt Craft

Children ages 5 and older, bring a cotton T-Shirt to this event where you can create art you can wear 3 p.m., June 11. Space is limited and registration is required. To register call 884-5742.

Bug Bingo

Children ages 5 and older, learn about bugs and win neat prizes 10:30 a.m., June 12 Liberty Branch Library.

Nature Gran with Granny P

Stories, songs, and games help children learn more about spiders, snakes, camping, and much more at the Midway-Riceboro Branch Library, 2 p.m., June 17. For ages 3 and older.

Campfire Tales

Children ages 4 - 8, enjoy stories, games, and songs around the campfire, 7 p.m., June 18. Pajamas, flashlights, and pillows welcome!

Buzz Off!

Learn fascinating facts about mosquitoes in our area from the Chatham Co. Mosquito Control Dept. at the Liberty Branch Library 10:30 a.m., June 19 and at Midway-Riceboro Branch Library, 2 p.m., June 24. For ages five and older.

Chad Crews

This fun show features Madagascar hissing cockroaches, giant millipedes, snakes and scorpions, 10:30 a.m., June 26 at the Liberty Branch Library. Open to all ages.

How Does Your Garden Grow?

Bees, butterflies, and plants in a row--Join us for stories and start a garden to grow at Midway-Riceboro Branch Library 3 p.m., June 26. For ages 5 and older.

Fishing Fun

Children ages 5 and older, enjoy stories and crafts for indoor fishing fun 2 p.m., June 28.

Tea and Tales Book Group

Join us this time for a discussion of The Master Butcher's Singing Club, by Louise Erdrich at the Midway-Riceboro Branch Library, 5:30 p.m., June 19.

For more information, call 884-5742.

Computer Classes

Introduction to Windows:

A beginner's course on how to use the library's computers will be offered at the Liberty Branch Library 10:30 a.m., June 16. This course will cover using a mouse, manipulating the windows, and printing. To register, call the library at 368-4003.

Introduction to Excel:

Learn how to create a simple spreadsheet and add graphs at the Liberty Branch Library, 11 a.m., June 28. Prerequisite: Introduction to Word or similar skills. Call 368-4003 to register.

Human Resource Management meeting held

Coastal Society of Human Resource Management meets on the fourth Thursday of every month. If you are a human resource professional and would like to attend a meeting or receive more information, contact Holly Stevens-Brown, chapter president, at 876-3564.

Golf tournament announced

Performance Initiatives, Inc. is helping support AWWIN, Inc. in their third annual Golf Tournament at Savannah Harbor, June 13. Sponsors and players are needed. Please call Kerri Goodrich at 507-7106 or register at www.awwin-inc2.org.

Join the Junior Ranger Camp

Fort McAllister State Historic Park sponsors a Junior Ranger Camp for youth, ages 8 – 12, 9 a.m. to noon, June 23 to 27.

The Junior Rangers will experience nature first-hand, exploring Georgia's fascinating history while enjoying outdoor recreational activities, such as hiking Fort McAllister's scenic trails. The cost is \$50. To get there, take Georgia Spur 144, Fort McAllister Rd., Richmond Hill, Ga. Or I-95, to exit 90, then east on GA Hwy. 144. For more information, call 727-2339.

Enjoy patriotic music

The Savannah Winds will present its annual Patriotic Concert 3 p.m., June 29 in the AASU Sports Center Arena. Tickets are \$12 in advance and \$14 at the door. Call (912) 344-2801 for tickets and information. The program will include a military color guard, 15 musical numbers, presentation of Chatam County's Veteran of the Year, and a guest narration by a Senior Military Officer from Fort Stewart or Hunter Army Airfield, yet to be named.

The Savannah Winds is affiliated with AASU and performs several concerts each year, with proceeds dedicated to music scholarships at AASU.

See www.armstrong.edu/SWinds for more information.

DAU offers learning opportunities

The Defense Acquisition University Continuous Learning Center offers continuous learning opportunities designed to maintain currency and help AT&L employees meet the DoD requirement to complete 80 points of continuous learning every two years.

The center includes nearly 200 self-paced continuous learning modules that address topics important to the community. DAU would like to introduce Continuous Learning Modules online classes. Learn more at clc.dau.mil.

Learn about bees at Oatland Wildlife Center

The Coastal Empire Beekeepers Association will present “FUNdamentals of Beekeeping” at Oatland Island Wildlife Center 10 a.m. to 3 p.m., Saturday. This is a self-paced “Show and Teach” program where participants will learn about the fascinating world of honey bees and the art of beekeeping. For more information, call 965-4313.

Attend the Red, White, Blue heritage day

Madison, Fla. – This 10 a.m. to 6 p.m., June 28 event features a political speech rally at the courthouse, horse and buggy historical tour, live music, picnic basket auction along

with vendors and a barbeque cook-off.

Call 850-973-9000 for information. *Directions:* Head toward Jacksonville Fla. on I-95 S; take exit 362B to merge onto I-295 S; take exit 21B to merge onto I-10 W toward Lake City and Tallahassee; take exit 258 to merge onto SR-53 N toward Madison, Fla.

Spirit of Liberty Celebration scheduled

Patterson, Ga. – The event starts at 4 p.m., June 27-28. The celebration feature a classic car and truck show, gigantic fireworks display, live entertainment, poker run, softball tournaments and many vendors. Admission and parking are free. Call 912-647-5776 for more information.

Come to 13th Annual Savannah Asian Festival

Polish your chopsticks and warm up your taikos, Saturday, as the 13th Annual Savannah Asian Festival unfolds with an entire continent's worth of exotic food, performances and fun!

The fest has become one of the largest celebrations of Asian culture in the south. Come enjoy this one-day, whirlwind tour of the Far East all under one roof from 11 a.m. to 5 p.m. at the Savannah Civic Center MLK Arena. Admission is free. Call 912-525-3100 x 2845 for information.

Vietnam Moving Wall visits local area

The American Legion, J.E. Lanier Post 27 and the city of Richmond Hill will host The Moving Wall memorial to veterans of the Vietnam war. The city, veteran organizations and local military will welcome the arrival of The Moving Wall, June 12. The exhibition will be open 24 hours a day through June 16.

Come to Soldier-Family Appreciation

The Stewart-Hunter communities will host a Family Appreciation blowout from July 2-4. The event is to celebrate our Soldiers and their Families with concert performances, a carnival along with other fun events for the whole Family. The event will ramp up with a fireworks extravaganza July 4. Call MWR at 767- 2292 for more information.

Take time to relax, go fishing

The Liberty County Bass Club is looking for community members who enjoy fishing. The club is a diverse group of experience anglers who know where the good fishing spots are - or want to know. The LCBC meets at Hinesville City Hall on the first Thursday of the month. Activities include participation in the Georgia Top Six Tournament each year, and host frequent local tournaments. For more information, call 320-2315.

Enjoy summer activities in Statesboro

Splash in the Boro is now open. The Raptor Center at Georgia Southern has opened their new wetlands wildlife exhibit and the museum has a new adventure maze that will challenge you to explore Georgia's different habitats.

Wind down in the evenings at Meinhardt Vineyards and Winery and get a taste of their new wine. Mill Creek! You also won't want to miss First Friday Downtown during the summer months; it's a great time to try a new restaurant and learn about everything going on in our thriving downtown district. With the gas prices soaring higher than our temperatures, you can be a tourist in your own town and save some money.

AAFES dividends benefit Stewart-Hunter quality of life

Special to the Frontline

Shoppers who exercised their exchange benefit at the Post Exchange, online at www.aafes.com or over the phone through the Exchange catalog last year helped make the military community a better place as the Army and Air Force Exchange Service estimates it delivered more than \$269 million in support to Morale, Welfare and Recreation programs in FY 2007. These contributions to America's

military represented an average per capita dividend of approximately \$272 for every active duty Soldier and Airman.

“AAFES’ dual mission is to provide goods and services at competitively low prices and generate earnings to support MWR programs,” said the Fort Stewart PX manager, Robert Pickering.

“This structure makes AAFES major non-pay benefits for today's military because the dollars troops and their Families spend at the

exchange generate a healthy return on investment that directly improves critical quality of life services.”

Purchases made by Soldiers at the Cinnabon, Manchu Wok, Burger King and other AAFES activities at Fort Stewart last year generated a dividend of \$1,880,875. These funds are critical to Army MWR's ability to enhance local programs and facilities, including the Corkan Family Fun Center, Marne Lanes Bowling Center, and Taylor's Creek

Golf Course.

Historically, roughly two-thirds of AAFES earnings are paid to MWR programs. In addition to funding MWR efforts, AAFES earnings are used to build new stores or renovate existing facilities without expense to the federal government. Funds to contract these new or replacement facilities also come entirely from sales of merchandise and services.

“The bottom line is that every time troops shop at their exchange, a portion of their purchase goes

toward supporting quality of life programs, facilities and non-appropriated fund construction projects,” Pickering said.

“Seeing the financial benefit this and other military communities reap makes the day-to-day challenges of delivering the exchange benefit very much worth the commitment and sacrifice needed to operate efficiently and maximize the investment military Families at Fort Stewart-Hunter Army Airfield are making in their PX.”



Commentary by:
Sasha McBrayer

Fort Stewart Museum

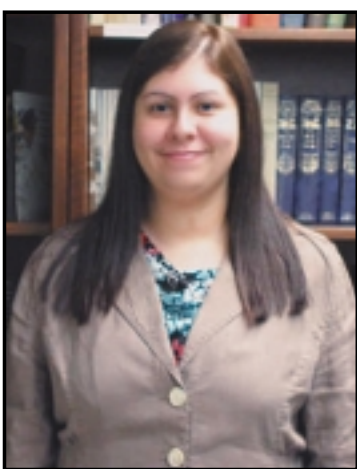
"Indiana Jones and the Last Crusade" was released in 1989. The Family-friendly adventure is easily one of the most cherished sequels and action films of all time. The 3rd movie in the series was memorable because it revealed a young Indiana as played by River Phoenix as well as the father of Indiana Jones, Dr. Henry Jones, Sr. portrayed by the one and only Sean Connery. As Henry Jones, Jr. or "Indiana", one of Harrison Ford's most iconic characters, nears the end of his quest for the Holy Grail of Arthurian legend, he must survive a series of traps.

For some "the Last Crusade" was the perfect finish to the series. For this reason critics were tough on the brand new movie, "Indiana Jones and the Kingdom of the

Crystal Skull." Some laughed at the film's name and at the new story, which did feature some more fantastic elements than previous films in the franchise.

"Crystal Skull" reunites Indiana with a former love, Marion Ravenwood (Karen Allen), memorable from "Indiana Jones and the Raiders of the Lost Arc". It also introduces Indiana's long lost son, "Mutt" Williams, who we soon learn is actually Henry the III. Mutt is played by the charismatic up and comer Shia Labeouf. Ray Winstone and John Hurt round out the cast along side the beautiful Cate Blanchett as a formidable Russian foe.

Team Indiana, without Dr. Jones, Sr., who has sadly passed away, as has Marcus Brody, another character from "Last Crusade," are



Federation did not think so. They banned the film and were unhappy with the decision, though the filmmakers defended it.

I, for one, enjoyed the little journey back to the era of McCarthyism. I found it realistic and comical to see Indiana Jones grap-

pled with the difficulties of this time period in more ways than one. I also enjoyed the film, the casting, the action, and the story. Had I heard what the skull was going to turn out to be before watching the movie, I may have had my own doubts about the film's ability to deliver, however I felt all the material was handled well by everyone involved. There is one scene; however, I could have done without. It involves Mutt and a Tarzan moment. You will see what I mean.

It is true that "the Crystal Skull" is somewhat predictable and delivers only enough, failing to truly wow audiences. Still, I found it to fit well in an already well-liked series. Two more films are in the planning, possibly with Shia Labeouf as the new lead. Whether or not fans will accept the transition is something time will tell. I would give the film a solid B and encourage families to watch it together as fun activity this summer.

Things change, including yourself

Chap. (Capt.) W. Michael Oliver
2/3 BTB chaplain

Redeployment, now that is a beautiful word! Presently, our 2nd Brigade Combat Team is in the process of preparing for redeployment.

We're attending the redeployment briefs, we're mailing things home, we're slowly packing up our bags, and we're talking to our Families and friends.

Hopefully, with our loved ones we're discussing our estimated arrival times, and making some fun plans during block leave. I don't know about you, but I can't wait to get home, and I hope that you are excited about this pending reality too!

Change, now that's an interesting word. The reason it's interesting is because change can be negative, positive, or a little bit of both. Even if change is positive, like this deployment coming to a close, it is still change, and adjusting to this change may prove difficult for some. I'm going to highlight some obvious change principles that

we are going to face.

Principle One: You have changed.

If you are a deployed Soldier, here's the deal. This deployment has changed you. Some Soldiers have probably changed a lot, and some have changed a little. Same thing is true back in the States.

If you are a spouse back home, you have changed too. Regardless of whether you're in Iraq or in the States, we have all changed some.

Principle Two: Your spouse has changed.

For many Soldiers, we might think, "Sure, I've probably changed some because I've been in the Middle East, but my spouse has been doing the same ole thing back home, so he/she probably hasn't changed." Wrong! It is incorrect to think you have changed, but

your spouse has not.

Principle Three: Your kids have changed. Kids have changed too. If you just had a kid before deploying then your kid is now around one and a half.

If you have a kid who was age 11 when you left, your kid is now around 12 and a half. Because kids are constantly growing, both physically and mentally, all of us have to face the truth that our kids have changed.

Principle Four: Your friends have changed.

Whether in Iraq or in the States, we must realize that our friends have changed too. Friends have probably moved to different locations, some have gotten married, some have had kids, some are loving life, and some are probably going through difficult times. None of us should be sur-

prised to realize that our friends have changed.

You're probably thinking, "Alright, I get it! A lot of change has happened. So what's the big deal?" The big deal is simple: a lot of what Soldiers and their Families may struggle with will be simply due to change.

If things don't go the way we envisioned, do not freak out, but remember change, even good change, can be difficult. What should we do? Think of the Eagles' song, 'Take It Easy.' During reintegration, if we simply engage things slow and easy then this will cushion the blow of change.

Editor's Note: This article was taken from the 2nd Brigade Combat Team's Spartan Chronicle. The information is intended to assist Soldiers and Families with the reintegration process.

The installation offers several channels to Families who are experiencing re-integration problems including the chaplain's office and Army Community Services.

"...a lot of what Soldiers and their Families may struggle with will be simply due to change."

Chap. (Capt.) W. Michael Oliver
2/3 BTB chaplain

Hunter Marines work alongside the Army

Steve Hart
Hunter Public Affairs

Past wars were organized with each of the services given a specific mission or kept in a separate land of the battlefield, with planning to assure they did not cross paths or get in each other's way.

The war in Iraq, however, is being fought as never before, with attacks combining the Air Force, Army, Navy and Marines. Joint warfare is a way of life for servicemembers fighting the global war on terrorism. The future of the four armed services is in joint operations.

A joint operation was conducted recently by Marines of the Hunter Army Airfield based Second Beach and Terminal Operations Company and the Army's 841st Transportation Battalion. When faced with the short-notice date change for moving equipment of the Third Infantry Division's Fourth Brigade Combat Team from the Port of Savannah to Iraq in September, the 841st's Cargo Officer, Capt. Chris LeCron contacted Maj. John Sattely, Commander of the 2nd BTO, asking if he could help with port operations. Sattely jumped at the chance to help and dedicated more than a dozen of

his Marines to help accomplish the mission.

According to LeCron, the operation went so smoothly, he asked for and received assistance from Sattely's unit four additional times in March and April. "We were faced with the important mission of shipping MRAP (Mine Resistant Ambush Protected) vehicles from the Port of Charleston to Iraq and, because the 2nd BTO Marines were so professional and technically proficient, I sought them out again," LeCron said.

The Marines found the experience to be important and professionally rewarding.

"This is the first time I've executed a real mission," said Lance Cpl. Jeremy Brown, a landing support specialist, who also said the training he received in his Marine schools and in the unit served him well.

"The opportunity to work with a different branch (of service) was an outstanding experience," said Lance Cpl. Allen Banks, Jr., a traffic management specialist. Banks normally works in other aspects of port operations and said he found the cross-training important.

Mobilized for deployment to Iraq yesterday along with five others from his unit, Banks, who has been in the Marine

Corps Reserves for two years, said he expects to continue to work with the Army while deployed and appreciated the chance to get familiar with the MRAP. The Marines and the Army's 851st loaded approximately 2,000 vehicles onto ships in March and April. With Improvised Explosive Devices responsible for 63 percent of the casualties in Iraq, the MRAP's ability to survive IED attacks are being rushed to Iraq to replace the more vulnerable HMMWVs used by the Army and Marine Corps.

Though beach operations and bringing in landing craft during and following amphibious assaults is the mission of ours that gets the most attention, we also are trained in port operations, Sattely said.

Knowing the Armed Forces' emphasis on joint operations, I very much wanted to give my Marines the experience working with a sister service.

His Marines learned that they and their Army counterparts do essentially the same thing but use different lingo.

What remains a constant, regardless what shade and pattern field uniform one wears, is the understanding that by working together they can help complete the mission and save lives.

Army Community Service



Welcome to the Army Community Service Family Page. Our mission is to provide services to support readiness of Soldiers, their Families, and communities to promote self-reliance, resiliency, and stability. We offer training classes, support groups, and Family advocacy programs. Services are offered to active, retired, Reserve, and National Guard Soldiers and their Family members, regardless of branch of service. Department of Defense civilian employees (NAF and APF) are also eligible for most services, as are their Family members. ACS is a member of the Directorate of Morale, Welfare and Recreation Family, proudly serving America's Military.

For information or to register for programs at Fort Stewart, please call 767-5058. For information and registration at Hunter Army Airfield, please call 315-6816.

New Families invited to newcomer events

Are you new to the installation? Hunter newcomers will want to visit the Newcomer's Expo and Community Fair at Hunter Club, June 19. Discover the many services available on the post and in the Savannah area, learn about your new community, and meet other new Families. Fort Stewart newcomers are invited to a special Father's Day Welcome, June 12. Soldiers and Family members will get an overview of the many services available to assist with your transition to the area, and dad receives special recognition, too. For information, call 767-9176 at Stewart or 315-6816 at Hunter.

Baby Bootcamp available for dads

On Saturday, a special class just for men teaches new fathers skills that build confidence in parenting at Baby Bootcamp for Dads. Other classes for parents include Mirror Image for parents with children ages 1-5 to learn about the physical, emotional, and social needs of children and how you can help them reach their full potential, June 17, and Baby Talk for parents with a newborn, focusing on the basics of newborn care, Shaken Baby Syndrome, and methods for comforting your crying infant, also June 17. To register, call 767-5058 at Stewart.

Polish your presentation skills

High school students and spouses are encouraged to attend Instructor Training beginning next week at Stewart, June 9-11. Learn presentation skills and methods for delivering outstanding training, skills that can lead to increased success in college and/or career. Call 767-5058 to register for this free training, offered by Army Family Team Building.

Debt-free workshop available

Learn how it is possible to be free from debt by taking steps to manage your money more effectively. Life Without Debt, an educational workshop offered by your Financial Readiness Program, will be held next week at Stewart, June 10. To register, call 767-5058.

Learn to manage anger

What triggers your stress? How do you react to an angry person? Take control of these emotions and learn coping techniques and healthy outlets, along with community resources at the Stress and Anger Management workshop. Call 315-6816 for the session at Hunter, June 11.

Learn benefits of volunteering

Family members are invited to learn about installation volunteer opportunities and benefits to volunteering. Call 767-5058 to register for the Installation Volunteer Orientation at Stewart, June 12.

Get help finding a job

If you are having difficulty gaining employment, take advantage of the Employment and Career Orientation work-

shop offered at Stewart, June 12. The two-hour session provides an overview of the local job market within a 50-mile radius, including the latest HOT job leads. You can also get help writing a professional resume to get you noticed by hiring employers at the Resume Writing Workshop at Stewart, June 17, and at Hunter, June 18. Call 767-5058 to sign up for the Employment Readiness programs at Stewart, or 315-6816 at Hunter.

Manage finances during PCS move

Learn how to plan monthly expenses during a PCS move and how to avoid pitfalls during your move. Financial Planning for PCS is offered every Thursday at Stewart. At Hunter, the session is offered twice this month, June 10 and June 24. To register, call 767-5058 at Stewart or 315-6816 at Hunter.

Autism, Asperger's support group available

If you have a child that has been diagnosed with Autism or Asperger's and are interested in joining a support group, please call ACS at 767-5058.

Are your kids driving you crazy?

Join the Military Family Life Consultants for an informative discussion on how to better understand each child's abilities and how to best provide the rules, expectations, and discipline for your child to become the outstanding community member you want him or her to be. No pre-registration is required; simply come to this presentation at 10:30 a.m. at the Southern Oaks Community Center, June 11. For information, call the MFLCs at 492-6428 or 6367.

Visit Hunter ACS at new location

The temporary home for Hunter's Army Community Service is 230 Neal Boulevard. Finding ACS is easy – from Wilson Gate, take the third right after the gate; from Rio Gate, turn left onto Wilson Boulevard and then take the first right; and from Montgomery Gate, ACS is located directly across from the cemetery and the bowling alley. Stop in for a visit and to see the many services available for you in the areas of Finance, Relocation, Employment/Volunteering, Family and Parenting support. For more information, call 315-6816.

Victim Advocate Program can help

The Victim Advocate Program provides services to victims of domestic violence and sexual assault. Receive information about victim rights and available resources, safety planning, protective orders, safe lodging, support during investigative, medical, and legal proceedings, Command liaison services, and more. Call 767-3032 for more information.

Music, toys, fun for little ones

Parents are invited with their children (ages 0 to 5) to the Bryan Village Youth Center on Tuesdays and Thursdays from 10 to 11:30 a.m. to spend time playing together. Lead by an energetic and playful adult from our New Parent Support Program, the Play Mornings are designed for meeting, sharing, and playing with other military Families in a fun, upbeat atmosphere. Call 767-5058 for more information.

Need to talk?

The Military and Family Life Consultants are available to provide free and confidential support when you are having difficulty coping with issues related to daily life. The Consultants are available at both Fort Stewart and Hunter Monday through Friday from 8 a.m. to 8 p.m., and they also offer off-post appointments in the local communities.

Call 704-9505, 492-6367, or 492-6428 to request an appointment.

Support Groups Something for Everyone



Army Community Service offers many opportunities to meet other Army Families for support and friendship. For information, call 767-5058 at Fort Stewart or 315-6816 at Hunter Army Airfield.

Chill and Chat

To discuss deployment or any other concerns each Monday at 9 a.m. at the PX Food Court, hosted by the Military and Family Life Consultants. Playland is open for the children.

Grandparents and Caregivers Support Group

For those who are taking care of children while their parent is deployed, each Monday at 9 a.m. at the PX Food Court.

Boot the Baby Blues

For mothers with new babies to discuss post-partum blues and parenting concerns, each Tuesday at 10 a.m. at the Southern Oaks Community Center. Hosted by the New Parent Support Program.

Hearts Apart

Support and friendship while your loved one is away, held 11 a.m., Wednesday in the Relocation Office, building 443 at Leisure Activities and at Hunter, on the second Tuesday of each month at the Army Community Service, building 1279.

Foreign-Born Spouse Groups

For spouses from other countries who are new to the area to network, share resources, discuss the American way of life, develop friendships, and learn about the many resources available to help make your new life a positive experience. Children are welcome.

At Hunter, a foreign-born spouse group meets monthly every third Monday at 11 a.m. at ACS-Hunter, building 1279.

At Stewart, Grupo Hispano, Hispanic coffee group, held monthly every first Thursday at 1 p.m. and Deutscher Kaffee Klatch, German coffee group, held monthly every second Thursday at 1 p.m. Both meet at building 443, Leisure Activities in the relocation office.

It's An Exceptional Life

For Families enrolled in the Exceptional Family Member Program, held 6 p.m., monthly on the third Thursday at Southern Oaks Community Center. Various presentation topics offered each month.

Free Week of Summer Camp

This coupon entitles your Exceptional Family Member to 40 Hours of FREE Respite Care* (may be applied to Summer Camp)

Hurry! Offer expires July 31

*Must be enrolled in the Exceptional Family Member Program. For details, please call Army Community Service at

767-5058.

HEALTH MATTERS

Winn Army Community Hospital

Winn Briefs

Winn, Tuttle observes holiday

July 3 is a Medical Activity training holiday and July 4 is a federal holiday. On these days, services at Winn Army Community Hospital will be limited to inpatient care and emergencies. All services at Tuttle Army Health Clinic and Hawks Troop Medical Clinic will be closed July 3 and July 4. Full operations resume July 7. For more information, call 435-6965.

OB/GYN clinic to move

In preparation to serve you better, Winn Army Community Hospital's Women's Wellness Center and OB/GYN Clinic will be relocating to a transition building at 1220 Niles Ave, building CT004, behind Winn's Emergency Department. The center and clinic will be closed in the afternoon July 18 and all day July 21. It will reopen July 22 at the new location on Niles Ave. This new location is for all OB/GYN Clinic appointments and Women's Wellness Center appointments, ultrasound and the Acute Care Clinic. This relocation will allow for renovation of the old clinic and center. For more information, please call 435-6633.

Behavioral Health hours change

The Fort Stewart Behavioral Health Clinic for active duty Soldiers new walk-in hours are 8 to 10:30 a.m., Monday thru Friday. The clinic is located at 1083 Worcester Ave., building 9242. For more information, call 767-1647 or 767-1654.

Cancer support group to meet

The Fort Stewart breast cancer support group is scheduled to meet from noon to 1 p.m., June 17 at Army Community Service, 191 Lindquist Road, building 86. For more information, call Maj. Frederick Davidson with Army Public Health Nursing at 435-5071.

WRESP now open

The Warfighter Refractive Eye Surgery Program is now open at Winn Army Community Hospital. This laser eye surgery is available to active-duty Soldiers who have 18 months remaining on active duty at time of surgery. Family members and retirees are not authorized treatment under the WRESP pro-

gram. Please go to the WRESP Center at Winn to pick up a packet. For more information, visit www.winn.amedd.army.mil or call 435-6633.

Get school health screenings

Children ages four and older entering Georgia's School system for the first time must have the Georgia Certificate of Eye, Ear and Dental Screening form and the Georgia Certificate of Immunization completed. Winn Army Community Hospital wants to help you get a head start on preparing for the next school year.

Dental screenings are available Monday to Thursday from 3 to 4 p.m. and Friday from 2 to 3 p.m. on a walk-in basis at Dental Clinic 1, Fort Stewart. For more information, call 767-8513.

Immunization screenings are available on a walk-in basis Monday, Tuesday, Wednesday and Friday from 8 to 11 a.m. and 1 to 3 p.m., Thursday from 1 to 3 p.m. For more information, call Winn's Allergy and Immunization Clinic at 435-6633. Please bring child's shot records.

Eye and ear services are available by appointment only. To schedule an eye and ear screening, call the appointment line, 435-6633.

Sport physicals are by appointment only in the Family Practice and Pediatrics clinics. To schedule a sports physical, call 435-6633.

Prevent heat injuries

As the hot days approach, The Department of Preventive Medicine monitors current WBGT/Heat Index to keep our Soldiers, Family members and civilian employees safe from heat injuries.

For the current heat index please visit www.winn.amedd.army.mil/wetbulb.html. The WBGT/Heat Index number, 767-HEAT (767-4328) can also be used.

Book appointments online

Want an alternative to calling the appointment line? TRICARE online could be your answer. You can book your appointments online at the TRICARE online Web site, www.tricareonline.com.

Army MMR vaccine policy responds to US, international measles outbreaks

Maj. Steven Battle, Maj. Frederick Davidson
Special to the Frontline

From January 1 through April 25, the Centers for Disease Control and Prevention received a total of 64 reports of confirmed measles cases in the United States. This is the highest number reported over four months since 2001.

The MMR vaccine protects against measles, mumps and rubella. Measles, a highly contagious viral disease, can result in serious complications and death. Mumps was first described in the 5th century B.C. and has frequently infected Soldiers and others in congregate settings. Rubella, when infecting pregnant women, results in a tragic complication known as Congenital Rubella Syndrome.

Some parents are afraid to give their child the MMR vaccine because they have heard that it can cause autism (a group of illnesses that involve delays in the development of many basic skills, most notably the ability to socialize or form relationships with others as well as the ability to communicate and use imagination, including fantasy play). But researchers have done many large studies and have found no connection between the MMR vaccine and autism. The CDC, the National Academy of Sciences and the U.S. National Institute of Medicine have all concluded that there is no evidence of a link between the MMR vaccine and autism. Ten of the 12 coauthors of the original 1997 paper speculating on a possible link have formally retracted this interpretation from their study.

Getting your child vaccinated is

important, because childhood measles sometimes causes serious problems such as pneumonia and mental retardation, and it can cause seizures or meningitis. An MMR (or equivalent) is required for installation child care and school registration. Parents should ensure the recommended MMR schedule of initial administration at approximately one year old and before starting school (4/5 years old.)

A recent outbreak identified in Southwest Asia has involved approximately 1,000 cases in Israel with ongoing transmission. This outbreak and other have been associated with populations opposed to vaccinations.

Partially in response to these outbreaks in the U.S. and Southwest Asia, new Army accessions with no serologic evidence of vaccination, will require two inoculations to be considered protected against measles, mumps and rubella. Soldiers should be aware of this requirement and should report to a DA facility with vaccine-administrators and MEDPROS-documentation procedures.

Commanders are encouraged to review vaccine compliance rates in their units using the MODS/MEDPROS MMR Readiness reporting functions.

Soldiers or dependents can contact TRICARE to schedule a vaccination appointment by calling 1-800-652-9221. Hawks Troop Medical Clinic, located in building 412, can be reached by calling 435-5364. Tuttle Army Health Clinic can be reached by calling 315-6500/5454.

If you have a question about the MMR or other vaccinations, please feel free to call Winn Army Community Hospital's Department of Preventive Medicine at 435-5101/5071.

BIRTH

ANNOUNCEMENTS

Provided by Winn Army Community Hospital

May 21

• **Demetrius Dekih Dunkins**, a boy, 6 pounds, 15 ounces, born to Sgt. Corey Dunkins and Jewlya Dunkins.

• **Julia Sadie Heifert**, a girl, 8 pounds, 12 ounces, born to Mr. Shawn Heifert and Capt. Theresa Heifert.

• **Dylan Michael Hickey**, a boy, 7 pounds, 3 ounces, born to Air Force Staff Sgt. Michael James Hickey Jr. and Kelly Diane Hickey.

• **Kaitlyn Marie Pryor**, a girl, 6 pounds, 12 ounces, born to 1st Sgt. Kenneth Irvin Pryor and Holly Diane Pryor.

May 23

• **Chyanne Bailey Cannon**, a girl, 6 pounds, 4 ounces, born to Spc. Steven Dale Cannon Jr. and Spc. Ryann Michelle Cannon.

May 24

• **Jonathan Russell McCurdy**, a boy, 6 pounds, 13 ounces, born to Spc. Russell Clark McCurdy and Amanda Lynn McCurdy.

May 25

• **Ahljah Lesean-Lamar Gregory**, a boy, 7 pounds, 3 ounces, born to Spc. Bobby Gregory and Pfc. Jennifer Gregory.

May 28

• **Shelby Elaine Garner**, a girl, 6 pounds, born to Sgt. Joshua P. Garner and Misty A. Garner.

• **Bleighn Paulise Reaux**, a girl, 6 pounds, born to Spc. Shantel Reaux.

Army improving mental health services

Special to the Frontline

The Army is committed to improving its mental health services by providing better inpatient access and access to care, and eliminating the stigma associated with seeking behavioral health assistance, a senior Army psychiatrist said May 29.

"We need to have a range of choices available in the Army and outside of the Army so that a Soldier who is feeling difficulty or is in trouble can reach out and get the help that they need," said Col. (Dr.) Elspeth Ritchie, director of the Army Surgeon General's Office for Behavioral Health.

Expanding the network of mental health care providers who accept the military's TRICARE health plan and helping civilian providers to know how to screen for traumatic brain injury are just a couple of the efforts under way, she said.

Ritchie said Army health care providers need to look at how they treat other diseases, such as malaria, and apply that same model of treatment to maintaining good mental health.

"We need to employ the full range of prevention, mitigation and treatment to that disease as we do for malaria," she explained. "When we bring Soldiers to an area where they might attract malar-

ia, we drain the swamps, [and] we introduce prophylactic medications and bug repellent. Then, if the Soldiers become ill, we treat them. Similarly, we need to look at good mental health that way."

She said the Army has programs already in place, such as the "Battlemind" training program, to deal with deployment-related mental health issues, but said the service always is trying to find ways to improve them. Soldiers receive Battlemind training before, during and after deployments, and the Army also has versions of the training for Family members.

"We have done a lot of surveillance [that] shows that Soldiers who have achieved this Battlemind training reported fewer psychological health symptoms," Ritchie said.

Also in place is a chain-teaching program begun last year that trains Soldiers to recognize post-traumatic stress disorder and mild traumatic brain injury. She added that more than 900,000 Soldiers have been trained since July so they can help each other and treat the condition.

A fear that seeking mental health care would label them as weak or hurt their careers is something the Army is working hard to eliminate, Ritchie said, "so that Soldiers will think that it is ok to go in and get help, and not only think but know that it is ok to go in and get help."

Ritchie added that officials are looking into expanding both inpatient and outpatient services and providing more access to treatment.

"We want to expand our intensive outpatient services," she said.

"We think at the moment there is too much of a gap between [appointments for] the kind of once-a-month outpatient," she said. "And we would like to have more [inpatient] programs than we currently have, where Soldiers could go five days a week for four to five hours a day, and that is something we are actively working on."

Ritchie said officials also are looking at lining up alternative treatments for their patients, researching various options to see which ones really work.

"Some of these have received a lot of press, such as virtual reality therapy, [but] where we are now is, although the therapies are interesting, we don't have the hard data to show which therapies are useful for what population," she said.

Ritchie noted that Fort Bliss, Texas, has a program that includes meditation, yoga and martial arts, to name a few alternative treatments.

Active research programs in virtual reality are getting a close look at military medical facilities in San Diego and the national capital region and at Fort Sill, Okla., she added.

Volunteer Spotlight

Celia Rosario of Panama City, Panama, is an American Red Cross volunteer working at the

Hospitality Desk at Winn Army Community Hospital.

Rosario volunteers because she wants to make a difference in someone's life. Her interests and hobbies include cooking and doing things with her Family.

If you'd like more information about becoming an American Red Cross volunteer at Winn, call 435-6903.

